Recipe No. 322

Southern Delight®

Heart Healthy Tomato-Basil-Parmesan Bisque

A Quick & Easy Low-Fat, Low-Sodium Recipe

INGREDIENTS

1/2 Cup Extra Virgin Olive Oil *or* Reduced-Fat Soft Margarine
2 14.5 oz. Cans No-Salt-Added Diced Tomatoes
4 8 oz. Cans No-Salt-Added Tomato Sauce
3 Tbsp. Southern Delight Basil & Oregano No-Salt-Added Italian Seasoning Blend
1 12 oz. Can Skim or Fat Free Evaporated Milk
1/2 Tsp. Sodium Free Salt Substitute
1/2 Tsp. Garlic Powder
1/4 Tsp. Coarse Black Pepper

Garnish each bowl with:
Reduced Sodium Croutons
1 Tbsp. Shredded White Parmesan Cheese
A Sprinkling of Parsley Flakes

DIRECTIONS

Start with Olive Oil in pan, adding No-Salt-Added Diced Tomatoes, cooking for 3-5 min. over medium heat. Add No-Salt-Added Tomato Sauce, Basil & Oregano No-Salt-Added Italian Seasoning Blend, Garlic Powder, Coarse Black Pepper and Salt Substitute. Reduce heat to simmer, add the Fat Free Evaporated Milk and stir until smooth. Simmer for 15 minutes, stirring often. Serve with Reduced Sodium Croutons, Shredded Parmesan Cheese and a sprinkling of Parsley Flakes. Serves 6. Enjoy!

No Salt Added…*Just Great Taste!*™
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